

LA JOLLA COMMUNITY CENTER

MONTHLY NEWSLETTER NOVEMBER 2017

Our mission is to promote lifelong learning, wellness and friendship.

6811 La Jolla Blvd. La Jolla, CA 92037 | (858) 459-0831 | www.ljcommunitycenter.org | info@ljcommunitycenter.org

SPECIAL EVENTS & NEW CLASSES

Registration Required For Special Events & New Classes

Social Bridge & Dinner

Enjoy a brief bridge lesson taught by Scott Farr, followed by 2 hours of play and a catered dinner at 7pm. The game will be scored using Chicago scoring with changes of opponents after every four hands. You do not need a partner. Max number of participants is 40. The event is for intermediate players.

Mon, Nov 20 4:45pm - 8pm. \$20/M, \$25/NM. Reservations required. Deadline: Nov 17. Cancellations must be made 72 hours in advance to receive refund.

Opera Wednesdays

Listen to Southern California's Top Opera Singers, every second Wednesday of the month! The artists will consist of past and present Metropolitan Opera Competition Winners, active San Diego Opera performers and guest artists who have sung all over the world.

Wed, Nov 8, 7pm. \$10 suggested donation.

Noche Latina presents...

Eunice Fidawi & Carlos Velasco en Concierto

Enjoy classic Latin music sung by the talented and animated Eunice Fidawi! Fidawi will be joined by the accomplished musician, Carlos Velasco on guitar and vocals. Fidawi will also be joined by poet Araceli Valenzuela who's poetry she will vocalize.

Fri, Nov 17, 7pm. \$20/person. Bites and beverages available for purchase. Valet parking included.

Subhashis Mohanty presents...The Peter Sprague Trio

Peter Sprague · Leonard Patton · Tripp Sprague

The trio includes Tripp Sprague on sax, flute, chromatic harmonica and percussion. Leonard Patton on vocals and cajon (percussion box). Peter Sprague plays the double neck guitar and has an array of special pedals. Ticket includes show admission and hors d'oeuvres.

Sat, Nov 18. Show time from 7-8:30pm. Reception 6pm. \$15/person.

Dinner Dance featuring Julio de la Huerta & Franky Romeo

Immerse yourself in the musical stylings of "El Maestro", Julio de la Huerta on guitar, the sultry voice of Franky Romeo and other guests! Enjoy a delicious dinner, musical entertainment and dancing. Don't miss an incredible night of Latin music!

Ticket includes dinner, 1 glass of wine, dance and valet parking. Sat, Dec 2. Doors open at 6:30pm. \$30/M, \$35/NM.



A Fabulous Feast of Music with the One & Only Jacquelyne Silver!

Think Magic! Think Music! Think Glamour! Jacquelyne Silver, that splendid storyteller and mistress of the keyboard is back with a program you will love... a mixture of Broadway, Jazz, Classical, and her special way of joining them together in a tasty recipe of entrancing music! It will be an exceptional evening that sparkles, enchants, and delights! An evening filled with originality and style, and one not to be missed!

About Jacquelyne Silver: Miss Silver has appeared at Carnegie Hall, Kennedy Center and Avery Fisher Hall at Lincoln Center. A graduate of the Juilliard School, she has collaborated with some of the world's leading performers, such as Leonard Bernstein, Luciano Pavarotti, Benny Goodman, Marilyn Horne, Tony Randall and Barry Tuckwell, to name a few!

Thu, Nov 16, 7:00pm. \$20/M, \$25/NM.



Day Trip: The Getty Center: Pacific Standard Time: LA/LA - Latin American & Latino Art in LA

The Times is calling PSA: LA/LA the biggest deal in the fall art season. 70 museums throughout Southern California are participating. Join us as we visit one of the most important exhibitions at the Getty Center, currently showing four interesting exhibits: Golden Kingdoms: Luxury and Legacy in the Ancient Americas; The Metropolis in Latin America: 1830-1930; Photography in Argentina: Contradiction and Continuity; Making Art Concrete: Works from Argentina and Brazil. Lunch is on your own. Opportunity to visiting the Hammer Museum and their special exhibition; Radical Women: Latin American Art, 1960-1985. If interested, please let us know.

Wed, Nov 8. Depart at 8am, Coffee & bagels served at 7:30am. Return by 7pm. \$60/M, \$70/NM.

Reserve your seat today! Registration deadline is Nov 6. Minimum sign-ups required.



Memory Café (formerly Café Social)

Monarch Cottage's Café Social is proud to announce a partnership with Memory Café. You can look forward to an array of new programming, guest speakers and other changes designed to enhance your Café experience. This month join our conversation and share your stories and memories of Veteran's Day and your Thanksgiving traditions as we celebrate a busy November.

Sponsored by Monarch Cottage.

Wed, Nov 15, 10:00am. Free, open to all.

Please RSVP by Nov 13, (619) 955-0492.



Canvas Design & Wine with Award Winning Artist: Dottie Stanley

Canvas Design & Wine with Dottie is an upbeat creative class for both the artistic and not so artistic. Come learn the basics of acrylic painting from award winning artist, Dottie Stanley, while enjoying the company of friends. The best part? You go home with a painting you can call "uniquely yours." Not artistic? Don't worry, Dottie will guide you through step by step recreating the nights painting. Cost includes all materials.



Mon, Nov 13, 6pm. \$30/M, \$35/NM.

Painting from the Model – Uninstructed

Come and test your figure drawing or painting skills in this uninstructed session, painting directly from a costumed or nude model. Private lessons also available.

Every Saturday 10am-1pm. Reservations required to secure your spot: Dottie Stanley at dottieartist@gmail.com

Model Fee + Free/M, \$5/NM.

How to Start a Painting!

Class concentrates on shape, value and color using acrylics.

Mondays, 10:30am-12:30pm.

Paint the Masters Portrait Class

Class will focus on famous portraits created by master artists.

Fridays, 10:30am-12:30pm.



Classes taught by Jackie Warfield. A new painting is started every class. Cost includes materials. All levels welcome. \$28/M, \$30/NM per class. Buy 4 classes, get 1 free!

Private Classes Available Wednesdays 930-1130am. \$60/hour. For availability and to schedule call (858) 459-0831

Sweet Talkers: Diabetics Self-Help Group

Join this unique group focused on finding, eating and making delicious and healthy foods to maintain optimal blood sugar levels and health. Meetings include short presentations on current scientific information regarding nutrition as well as highlighting pre-packaged, tasty, low carb products and where to find them. Led by Lisa Van Herik, MSW/Diabetes Educator/Nutritionist, assisted by Sweet Talkers Co-founder and CEO, Mark Goros. **Wed, Nov 29, 6-8pm. Free, open to all. RSVP at www.sweettalkers.org**



Jazz Dance Class with Alexandra

Enjoy one-hour of jazz dance! Class is designed for beginner dancers looking for an energetic session while having a fun time. Learn a wide range of moves using a variety of music styles. You will learn basic steps and combos and will develop coordination, balance and strength. Come alone or with friends!

Class is taught by Alexandra Jeannin. This class is made possible thanks to The San Diego Foundation and the Florence Riford Community Fund. **Saturdays, 10:25am. Free/Members, \$10/NM.**



The Mind Fit Series

Join this one-hour class focused on Brain Health. Just as it is important for adults to manage physical health through regular exercise, there are many pro-active steps that can be taken to manage brain health. This class is both informative and interactive and provides participants with research-based information on brain healthy diet, exercise and other lifestyle factors such as stress reduction. The main focus of the class is cognitive stimulation through exercises that target various domains of cognition including: Memory, Executive Functioning, Language, Visual Spatial Perception and Attention. An additional brain health component of the Mind Fit classes is the social component of a group setting where participants can socialize and share life experiences.

Sponsored by Home Care Assistance.

Thu, Nov 9, 1pm · Thu Dec 14, 1pm

Free, open to all. Registration Required.

Ukulele Class for Beginners

Learn the chords, strumming, and melodies for the month's songs - with the goal of playing the songs at the end of each class as an ensemble. November theme is "Holiday Classics." 4 classes and monthly music book included.

Mon, Nov 6, 13, 20, 27. 11am-12pm.

\$80/M, \$90/NM.

Registration Required. Only 10 spots available.



Phillis Carey "The Casual Gourmet"

Register at philliscarey@aol.com or (760) 942-1756.

Everyday Cooking: The Low Carb Way

Mascarpone Pine Nut Crusted Salmon Fillets, Pesto Zucchini Noodles; Citrus Chicken Sauté, Lemon Garlic Shrimp, Parmesan Cauliflower Rice; Greek Feta Chicken with Yogurt Marinade on a bed of Wilted Garlic Spinach; Strawberry Fool and more!

Tue, Nov 28, 11:30am. \$50/M, \$55/NM



News About Medicare Open Enrollment 2018

Have questions about Medicare? Want to learn about your Medicare coverage choices? There are 2 main choices for how you get your Medicare coverage. Presented by Bassie Kanon, LUTCF, who has been educating seniors for over 22 years. **Light refreshments. Thu, Nov 16, 11:30. FREE, open to all. Please RSVP.**



FITNESS FOR THE MIND

Learn to Use Your iPad & iPhone

Learn the basics of your iPhone and iPad.

Thu, 1:30pm. \$10/M, \$15/NM.

Social Bridge

Do you enjoy Bridge? There is a congenial group who meets every Wednesday who play Rubber Bridge using common standard conventions. Walk-ins welcome!

Wed, 12:30pm. \$2/M, \$4/NM.

Social Scrabble Group

Please call in advance to reserve a seat to play.

Tue, Nov 14 & 28 2:30pm. FREE/M, \$5/NM.

Movie Club: International Films

** All films subject to change without notice.*

All showings Wednesdays at 2pm. Free/M, \$5/NM.

Art Class with Live Model - Uninstructed

Join artists from all levels to paint a live model.

Sat, 10am-1pm. Free/M, \$5/NM plus splitting the Model Fee.

Reservations required: dottieartist@gmail.com

French Conversation

Tue, 10:30am. FREE/M, \$5/NM.

Learn Spanish: Intermediate Conversation

Tue, Nov 7, 14, 21, 28, 2:05-3:30pm. Instructor Alicia Flores.

\$65/M, \$75/NM. 4-week session.

Café Español: Intermediate to Advanced Conversation

Improve, learn and develop your Spanish conversation skills.

Class lead by Olga Fabrick, native speaker and trained in Second Language Acquisition Methodology.

Wed, 2:15pm. Free/M, \$5 /NM.

FITNESS & WELLNESS

Kundalini Yoga with Guru Amrit

Kundalini Yoga balances the body, the mind, emotions and uplifts the spirit. Its practice produces a deep healing process and a relaxed experience of consciousness. Class focuses on breathing and meditation and involves stretching and cardiovascular exercises.

Fri, 10:45-11:45am. Free/M, \$8/NM.

Ashtanga Flow Yoga

A fast-paced, vigorous class based on the principles of Ashtanga. Suitable for active individuals, with any level of experience with yoga. Build strength, endurance, and flexibility while cultivating focus in a moving meditation.

Sat, 9-10:15am. Free/M, \$5/NM.

Chair Yoga

This gentle yoga flow class focuses on alignment with attention to breath, movement, and meditation. Poses are practiced on chairs and standing.

Thu, 10:15am. This class is free.

Qi Gong Style Tai Chi

T'ai Chi is a very gentle exercise that will benefit any age person coping with arthritis in joints by using easy movement to lubricate joints, and lowering high blood pressure by natural calming and relaxation.

Wed, 7pm & Thu, 10:30am. \$5/M, \$6/NM.

Svaroop@ Yoga for A Healthy Back

Yoga poses, deep relaxations and pranayama breathing, to release and decompress your whole spine from tail to top. Relieving back pain and reducing stress. Experience a whole new way to live inside your skin in this restorative style of yoga. Everyone welcome.

Sat, 2:30-4pm. Wed 9-10:30am. \$13/M, \$15/NM.

Zumba

Focuses on hypnotic Latin rhythms and very easy-to-follow moves. The benefits are that it tones, enhances bone density, strength and flexibility, boosts metabolism and improves cognitive functions.

Tue, 8:15am & Fri, 8:30am, \$10/M, \$12/NM.

Ico-Dance

Offers a supportive, gently paced and low-impact class in expressive dance. Added benefits of enhancing flexibility, balance, energy, emotional connection and body confidence.

Mon, 9am. \$7/M, \$12/NM.

Silver Age Yoga

A very gentle style of hatha yoga designed to meet the specific health concerns and challenges seniors face including balance, posture, breathing and stretching.

Tue, 10am & Thu, 9am. \$4-8 suggested donation.

Deep Yoga Flow

Connects breath to movement, so the physical practice of yoga (asana) becomes a meditation in motion that fosters flexibility, strength, focus and clarity.

Wed, 11am & Sat, 11:30am. \$5/M, \$10/NM.

Line Dancing

It's not just for two but for everyone! Come experience a fun workout while learning new and favorite dances taught by Pat Murray.

Mon and Thu, 1pm. \$5/M, \$7/NM.



Interested in starting a Mahjong
or Canasta Group?
Contact Allyson at (858) 459-0831 or
allyson@ljcommunitycenter.org

Have an idea for a class?
Let us know!
(858) 459-0831

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Foundation for Healthier Children presents Night at the Opera

A concert featuring Tenor Gerardo Gaytan and Special Guest Artists. All proceeds will benefit the Mobile Dental Clinic which will bring services to thousands of children in isolated communities in Tijuana, MX.

Sat, Nov 4, 5-7:30pm. \$50/person

Tickets available at bownpaperickets.com/event/3089595



Lunch & Learn: Rate Reform with SDG&E

Join an SDG&E Representative for a short but informative presentation to learn about changes to your SDG&E bill and ways to help you save. Take home a goody bag and enjoy a light lunch on us!

Please register in advance.

Wed, Sep 15, 12:15pm. Free, open to all.



SAVE THE DATE!

Annual Holiday Luncheon

Come early to listen to the Gillespie School Choir and enjoy some "pre-Holiday" shopping with vendors exhibiting clothes, accessories, art and other goods. Enjoy a delicious lunch and stick around for all the fun raffles, silent auction and entertainment! Sponsored by Vi at La Jolla Village and Home Care Assistance.

**Fri, Dec 8. Lunch served at 12:15pm,
Doors open at 11am-2pm for Holiday Shopping.
FREE/M, \$15/NM. Reservations required.**



Let's Make A Deal - Trivia Day

Enjoy an afternoon of trivia and participate in "Let's Make A Deal: LJCC Edition." This fun program is sponsored by Amada Home Care, who will be available to answer your questions regarding Long-Term Care Insurance and more. Light refreshments served.

Tue, Nov 28, 2pm. Free, open to all. Please register.



Piano Lessons with Polina

Learn to read music, count and play the piano with Polina Sisman. You will not only learn the basics, but you will also learn how to recognize a composer's intentions, how to play a piece with the skills that include those intentions and your personal interpretation.

Fridays 9:45am & 12:15pm. Must register for a minimum of 4 classes. \$75/M, \$80/NM per class. Ask about shared lessons!



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- Your planned gift will help us carry out our mission for many years ahead
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**For more information, please contact
Nancy Walters, Executive Director, (858) 459-0831**